

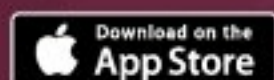


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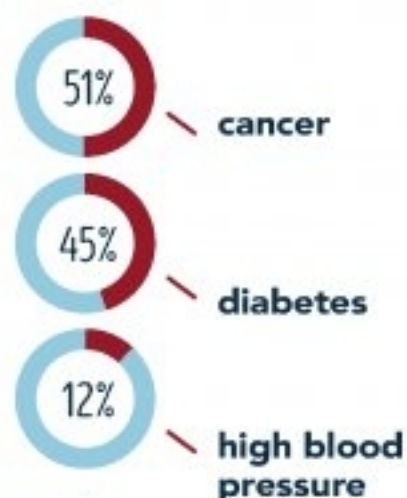


CANADIANS AND HIGH BLOOD PRESSURE

#1 RISK FOR STROKE

and a major risk factor for heart disease. It can double or even triple your risk.

Canadians have a much higher awareness of cancer and diabetes than of high blood pressure.



FACT

HIGH BLOOD PRESSURE IS A LEADING RISK FACTOR FOR DEATH DUE TO HEART DISEASE AND STROKE.

The
SILENT KILLER

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DON'T KNOW THEY HAVE HIGH BLOOD PRESSURE.

6,000,000 CANADIAN adults have high blood pressure.



59% of Canadians are concerned they will develop high blood pressure.

FACT



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FACT

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88% of Canadians are aware that vegetables and fruit help decrease the risk of high blood pressure, while **60% attribute the same benefits to milk products.**



Most Canadians think that high blood pressure is more common in men than in women.

FACT

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Canadians tend to believe that lifestyle is a greater cause of high blood pressure than age.



FACT

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SURVEY STATS FROM IPSOS, 2016

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The little princess turns 1 year old
metroNEWS



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EDMONTON HEROES

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MALIA OBAMA
First daughter reveals her plans after the White House
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Your essential daily news | MONDAY, MAY 2, 2016

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Reg Ilnicki and horses Eli and Nipper get to work on Sunday.
RYAN TUMILTY/METRO



PLOUGH'S PROGRESS

Horses break ground at the new \$6.5M Whitemud Equine Centre
metroNEWS

City's Internet service lagging

ONLINE SPEED

Edmonton ranked near the bottom Canada-wide



Kevin Maimann
Metro | Edmonton

Edmontonians are living life in the slow lane when it comes to Internet service.

Alberta's capital ranks 21st out of 25 cities in online speed, according to a report released Thursday by the Canadian Internet Registration Authority (CIRA).

For comparison, Calgary ranked 11th while Toronto took the top spot.

CIRA spokesperson Ryan Hill said the group has not analyzed specific reasons for the disparity between cities, which show eastern Canada tends to have faster service than western Canada.

"Really what has to happen next year is that the Internet community and stakeholders

and individual markets need to look at these results as a call to action that they can use to help facilitate dialogue and conversation about why their networks are performing the way they are," he said.

Hill did say Internet exchange points (IXPs) — which allow Internet service providers to connect with each other and other content providers like Google — are likely a key factor in the results.

Toronto and Calgary have IXPs, but Edmonton does not.

"That's a simple first step people can take," Hill said.

Telus announced a \$1-billion fibre-optic Internet project in July 2015 that the company said would hook 90 per cent of residents up with super fast Internet connections.

Telus spokesperson Liz Sauve said plans are still on course for the project — touted as the biggest fibre optic investment in Canada — to be completed in six years.

"Our construction work is on track, and in fact, is moving along even faster than anticipated," Sauve said.

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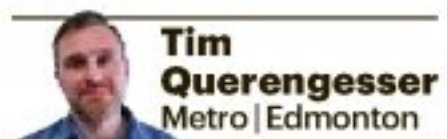
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Northlands' profitability questioned by auditors

DEVELOPMENT

Review critical of Vision 2020's long-term sustainability



Northlands finished 2015 with a \$2.5 million surplus, but that includes \$19 million in government grants. The auditors reviewing the organization's books, however, focused their concerns on its future.

In a special note at the end of the organization's financial audit, released Friday, Edmonton's Grant Thornton LLP auditors express — with emphasis — that Northlands' "ability to continue operations" is dependent on its ability to achieve profitability.

While that would be essential for any business, the auditors further explain their position in a note, detailing that Northlands' future "material uncertainties" include public support for its Vision 2020 strategic plan.

"Failing critical public sup-

port and funding availabilities thereupon ... may significantly affect the organization's ability to continue operations in future years," reads the auditor's report.

Coun. Michael Oshry, who sits on the Northlands board, said they are well aware of the looming financial problem.

"There is \$9 million in revenue from the concert business, basically nothing else at Northlands makes money," he said. "That is the big hole in the financials that we have to deal with."

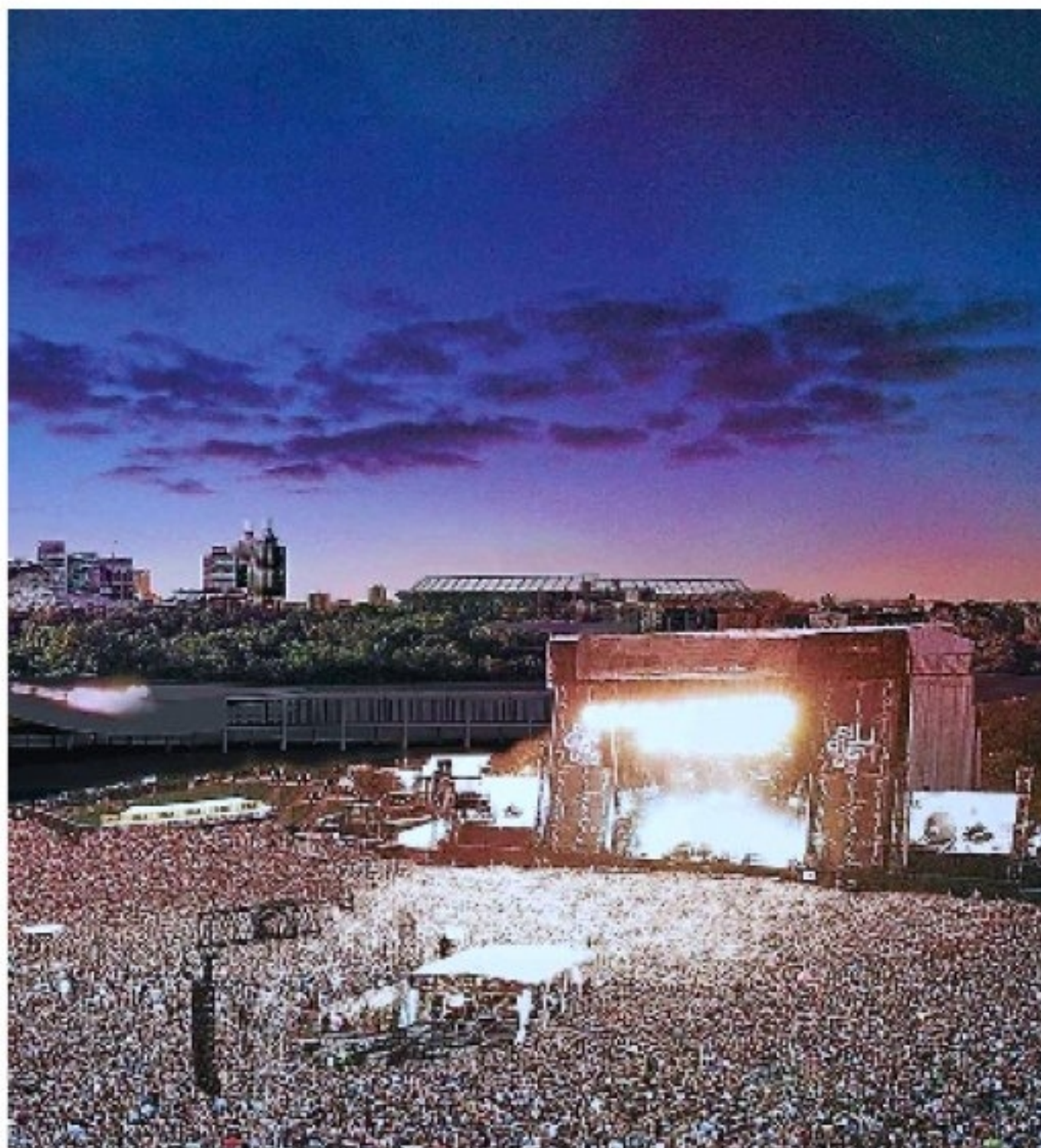
He said city council will have to weigh all of this in the fall and come up with the right solution, which may or may not involve Northlands.

"It is not about Northlands. It is about what is best for the site."

In late 2015, the Northlands board decided it would pursue its Vision 2020 strategy, which includes turning Rexall Place into a six sheet ice arena, a new outdoor festival space and a renovated Expo Centre.

At that time the board also decided that if city council and the wider public did not support its vision, it would begin to find ways to shut its operations down.

“The Northlands Vision 2020 strategic plan requires support from the City of Edmonton in the form of debt relief and forgiveness. Grant Thornton note excerpt



Northlands auditor raised serious concerns about whether the organization would be able to continue if it doesn't find support for its re-visioning plan, which includes an outdoor festival site. SUPPLIED

COURT

Bail review calls for shakeup

A review ordered after the fatal shooting of a Mountie in Alberta last year says Crown prosecutors and not police officers should be present at bail hearings following an arrest.

"Although police representing the Crown at bail hearings is a practice of very long standing in Alberta, it fails to meet the requirements set out in the Criminal Code," former federal Crown prosecutor Nancy Irving wrote in a report penned in February but released by the Alberta government on Friday.

"The practice is also strongly opposed by most stakeholders in Alberta's criminal justice system. It is time for the current practice to end."

Police can release people arrested for minor crimes on promises to appear in court later. In more serious cases, suspects must be seen by judges or justices of the peace within 24 hours and can ask for bail.

The shooting of Const. David Wynn brought to light that, in most of these cases in Alberta, it has been police officers and not Crown lawyers attending these initial hearings.

Justice Minister Kathleen Ganley said the government is already acting on several of the review's 31 recommendations, but adds it will need to consult with police, federal prosecutors and defence counsel before moving forward with others.

"The bail system needs to be looked at thoughtfully and thoroughly before significant change is made. This is a system that balances fundamental rights and public security," she said.

"We're looking at a number of new staff and some not insignificant costs if we do move to that model."

Ganley said deciding whether to move to the recommended approach will "definitely take some time."

In the meantime, 3,354 police officers have been designated to handle bail hearings. Ganley said steps are being taken to ensure they have appropriate training.

A survey at the time by The Canadian Press of justice and Crown officials from across Canada revealed a patchwork of policies, but Alberta was the only province that predominantly relied on police rather than Crowns at initial bail hearings.

THE CANADIAN PRESS

CRIME

Firefighter faces 18 arson charges in bridge blaze

A firefighter who battled the flames that destroyed a railway trestle bridge northwest of Edmonton last week has now been charged with setting the fire, as well as others in and around his community.

RCMP say Lawson Michael Schalm, 19, of Mayerthorpe faces 18 counts of arson following an investigation into a recent rash of fires, including the one on the CN bridge on April 26.

The chief of the town's fire department, Randy Schroeder,

says Schalm is the son of a former mayor of Mayerthorpe and joined the department as a junior member when he was 15, becoming a full member at 18.

Schalm is being held in custody and is scheduled to make his first court appearance on the arson allegations in Stony Plain Provincial Court on Wednesday.

Schroeder confirmed that Schalm was among the firefighters who fought last week's fire on the bridge.

"The entire department is shocked and in disbelief right

now regarding the situation," Schroeder said on Sunday.

"It's almost grief-like symptoms at this point."

Thick, black smoke billowed from the burning railway bridge for hours until it collapsed. Students at the nearby Mayerthorpe high school and residents of 38 mobile homes at the Kreek's Crossing trailer park were forced to leave.

Police say no one was hurt in any of the suspicious fires, which began April 19.

THE CANADIAN PRESS



The trestle bridge was reduced to rubble April 26 following a fire police believe was deliberately set. A member of the volunteer fire department has been charged. THE CANADIAN PRESS/HO

Enmax gives \$100K to program for needy

GOOD WORKS

Donation will go to helping tenants pay bills, find work



Kevin Maimann
Metro | Edmonton

An Edmonton "eviction prevention program" got a \$100,000 boost Friday.

Enmax will make the donation over two years to the Bissell Centre's Community Bridge Program, which loans money to people who are struggling to pay their utility bills and are in danger of becoming homeless.

"The funding comes really at a crucial time," said Bissell Centre CEO Gary St. Amand.

He said the program has helped 700 people — more than half of whom are children — since it launched in July 2014.



Bissell Centre CEO Gary St. Amand. KEVIN MAIMANN/METRO

It has been strained in recent months with unemployment on the rise in Alberta.

"We've seen a pretty rapid increase in people accessing the services, and we're seeing the program start to become

fairly taxed in its capacity," St. Amand said.

The centre gets about 30 applications a month for Community Bridge, and lately has been swamped to the point that there is a two-week delay

in processing the applications.

"We have to now prioritize to make sure we're not missing people's deadlines for eviction," St. Amand said.

"Just in the last few months that's become something that we are having to address."

The Enmax donation will account for a significant chunk of the program's \$375,000 annual budget.

Former Community Bridge participant Deborah Smith said the program was crucial for her after a traumatic car-jacking incident left her with post-traumatic stress disorder and unable to work.

She was on the verge of losing her home, where she lives with her daughter and son.

"I would probably be on the streets if it wasn't for the Community Bridge helping me," Smith said.

The program provides average loans of \$1,500, as well as employment support and other opportunities to help people stay in their homes.

EDUCATION

Manmeet Bhullar scholarship launched



Jeremy Simes
For Metro | Calgary

It just made sense for Lester B. Pearson High School teacher Sunny Minhas to honour former alumnus Manmeet Bhullar.

Minhas has spearheaded the Manmeet Singh Bhullar Memorial Scholarship, a reward for outstanding Lester B. Pearson student-athletes who've excelled in their sport, classroom and community.

Progressive Conservative MLA Bhullar was killed in a crash on the QE2 Highway north of Calgary in November 2015.

Minhas said Bhullar had a huge impact on the school.

"When he passed, everyone in the school knew — he

made a huge impact on so many people's lives," he said. "It just made sense to honour him because this is the work he did: working with kids and working in the community."

The scholarship will pay fees for any sport of the student's choice for the following school year. For many families whose kids go to Pearson, paying sports fees can be difficult, Minhas said.

"A lot of our students and families have troubles paying the fees, especially athletes playing four or five sports," he said.

"(Bhullar) felt every student or child should have the opportunity, regardless of finances."

Many students benefit from the game, he added.

"Sports make kids feel connected to the school. If you come to one of our events, the gym will be packed — it shows kids they are a part of something bigger," he said.

"It also gives them an opportunity to show themselves not just as a student — just because you're not getting a 95 does not mean you're not a valuable member of Pearson."



Sunny Minhas



CONSTRUCTION BEGINS ON THE 102 AVENUE AND 83 AVENUE BIKE ROUTES

The City of Edmonton is hosting pre-construction open houses to present construction staging for these two bike routes.

102 Avenue Bike Route

Tuesday, May 3

5:00 - 8:00pm

Christ Church

12116 - 102 Avenue

83 Avenue Bike Route

Wednesday, May 4

5:00 - 8:00pm

Moravian Church

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DIVERSITY

Senior officer walks the talk, in partnership with all cultures



Alex Boyd
Metro | Edmonton

Insp. Dan Jones keeps a decades-old newspaper clipping of his dad, then a police officer, lighting a cigarette for a homeless man while walking his Boyle Street beat.

"I think the DNA of this police force has always been community-based," says Jones, who donned the EPS uniform — joining his uncle, brother and cousin — the year before his father retired.

"In general, I think policing has fallen away from that in certain places, but I think we've been really lucky here," he said.

But if the philosophy is the same, the execution has gotten tougher. Edmonton is more diverse than ever: One in three citizens is a visible minority, and the city has one of the largest indigenous populations in Canada.

Now head of the investigative support branch, Jones has become a voice for helping the police (not a profession known for diversity) build relationships.

In his office, police crests share wall space with a braid of sweet grass and a drum, given to him by an indigenous women's group.

The history between police and indigenous groups is anything but calm. Jones cites the statistic that indigenous people are two to three times more at risk of violent crime, and incarcerated at much higher rates.



The word 'ally' to me is a huge thing: When you don't have that heritage but you have that belief in the people, in the culture.

Insp. Dan Jones

Insp. Dan Jones is the head of the investigative support branch, which includes, among other things, programs around diversity.

KEVIN TUONG/FOR METRO

"That doesn't mean that community is bad, it means that there are some social issues and if you look at this idea of reconciliation, once it started it's a seven-generation process, and we're really at the beginning."

To that end, Jones helped launch the aboriginal relations unit almost two years ago, and points to initiatives like cultural training for front-line officers

as evidence the police is taking reconciliation seriously.

He says the police have also taken those lessons and used them to build relationships in other minority communities, spending hours talking to leaders, answering questions and crucially, building trust.

He's candid about the challenges that come with doing the work he does as a white officer.

"The word 'ally' to me is a huge thing," he says. "When you don't have that heritage but you have that belief in the people, in the culture."

The key is knowing when to talk, and when to listen.

"You know how there's a golden rule? Well there's a platinum rule. Treat people as they need to be treated, not as you want to be treated."

+ NEW FACES

Courting Edmonton's newest community

As Edmonton continues to welcome an influx of Syrian refugees, Insp. Dan Jones says the police are working on building a relationship.

"The thing that really frustrates me about this whole issue is that people want to link two things that aren't linked: Violent extremism and newcomer populations," Jones says.

"Those are two totally different issues."

To that end, police have created a program to meet every newcomer group and establish a positive first contact for the police.

They've also created a training program for members about the challenges Syrians have faced.

Jones points out it's voluntary, but always full.

"It sounds so cheesy, but it's about developing relationships with all communities so in the event that the crisis comes, we're already invested and we're already trusted."

ALEX BOYD/METRO

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Fire shuts down shelter

WOMEN'S CENTRE

33-year-old woman has been charged with arson



Alex Boyd
Metro | Edmonton

A fire allegedly started with a lighter at a downtown shelter has left Edmonton with 66 fewer spaces for some of the city's most vulnerable women.

The blaze started Tuesday morning at the Women's Emergency Accommodations Centre just off Jasper Ave., which provides housing and other services for women who are homeless.

"We have a real sense of urgency around getting the shelter back open, what we're hoping for is we'll be able to open the shelter back up and do the repairs at the same time," said Barb Spencer, CEO of E4C, who runs the shelter.

The shelter is located in the flat iron building, and Spencer said the damage is most-



Some of the damage caused by a fire at a downtown women's shelter on Tuesday. CONTRIBUTED

ly isolated in the 'toe' of the building, so two thirds of the bedrooms are unaffected, but it remains to be seen whether

it's possible to do the repairs without impacting women staying there.

Spencer said they're not sure

what the cost of the damage will be, but they're working with their insurance company to get an estimate.

"If the allegations are correct, the start of a fire is a cry for help."

Barb Spencer

The fire started on the fourth floor and water from sprinklers soaked all the way down to the main floor, leaving ceilings sagging and pools of water on the floor, she said.

There were 63 women plus staff staying at the shelter when the fire alarm went off at about 3 a.m. Tuesday, but Spencer said they've all found other beds either with friends or family, at E4C's other facilities or at the Hope Mission.

According to police a 33-year-old woman has been charged with arson, but Spencer said they'll continue to support her.

"If the allegations are correct, the start of a fire is a cry for help in the world that we work in," Spencer said.

"Certainly we would hope that we're able to wrap around her and get her connected to the services that she needs."

HEATED BARN

Equine centre breaks ground



Ryan Tumilty
Metro | Edmonton

Work is underway on a new heated riding barn at the Whitemud Equine Centre.

The centre used two plough horses Sunday to break ground on the new barn that will replace the current facility, which was built in the 1950s and didn't have indoor plumbing or heat.

Kent Rowan, a board member of the Whitemud Equine Learning Centre Association, said it was fantastic to finally see the facility become a reality after years of work. "We have a lot of work ahead of us and I hope all of you will support us as we go forward and complete this dream," he said.

The city is contributing \$4 million for the \$6.5 million facility and Coun. Michael Walters said it was a great investment.

"The Whitemud Equine Centre offers services that are not accessible elsewhere," he said.

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Edible pot may pose health risks to kids

POLITICS

Liberals plan to introduce new marijuana legislation

Bite-sized marijuana goodies such as candies and cookies pose "significant risks" to children who might accidentally swallow them, warns a draft federal discussion paper on pot legalization.

It flags the public safety concern as one of the many obstacles Canada must negotiate on the path to regulating the drug, drawing on tragic lessons from Colorado.

Justin Trudeau's Liberal government says legalizing marijuana will keep pot out of the hands of children and deny criminals the profits of shady, back-alley dealing.

However, the December draft paper, obtained by The Canadian Press through the Access

to Information Act, notes marijuana is available in many different forms — including some especially attractive to youngsters —



ISTOCK

in a number of the jurisdictions that have legalized regimes.

The Liberals plan to introduce legislation next year to remove marijuana consumption and incidental possession from the Criminal Code, and create laws to more severely punish those who provide pot to minors, drive while under its influence or sell it outside the new framework.

The government intends to soon set up a task force with input from experts in public health, substance abuse and policing to design a new system

of strict marijuana sales and distribution.

In the United States, Alaska, Colorado, Oregon, Washington and the District of Columbia permit recreational marijuana use by those 21 years or older.

Some 45 per cent of Colorado's marijuana sales involve edible forms such as food, drink or pills, according to the U.S. Centers for Disease Control and Prevention.

Two years ago a 19-year-old in Colorado ate an entire cookie containing 65 mg of THC — the

principal psychoactive element in cannabis — even though the shop clerk advised him to divide the treat into six servings.

The boy didn't realize it takes time for a high to kick in when consuming pot in edible form, and he kept gobbling the cookie. That evening he jumped to his death from a fourth-floor balcony.

Overall, Colorado saw an increase in the number of marijuana-related poisonings, particularly accidental ingestion by children, in the first year of its new regime, the paper notes.

Justice Minister Jody Wilson-Raybould, one of the federal ministers responsible for guiding marijuana legalization in Canada, suggested it was too early to say what kinds of products might be sold.

The task force will make recommendations and the resulting regulatory framework will be "responsive to those issues," she said.

THE CANADIAN PRESS

CRIME

Alberta firefighter faces arson charges

A firefighter who battled the flames that destroyed a railway trestle bridge northwest of Edmonton last week has now been charged with setting the fire, as well as others in and around his community.

RCMP say Lawson Michael Schalm, 19, of Mayerthorpe faces 18 counts of arson following an investigation into a recent rash of fires, including the one on the CN bridge on April 26.

The chief of the town's fire department, Randy Schroeder, says Schalm is the son of a former mayor of Mayerthorpe and joined the department as a junior member when he was 15.

He became a full member when he turned 18.

Schalm is being held in custody and is scheduled to make his first court appearance on the arson allegations in Stony Plain Provincial Court on Wednesday.

Schroeder confirmed that Schalm was among the firefighters who fought last week's fire on the bridge.

"The entire department is shocked and in disbelief right now regarding the situation," Schroeder said on Sunday.

Police say no one was hurt in any of the suspicious fires, which began April 19.

THE CANADIAN PRESS

DATA

Return of the census

Call it the start of the government's biggest big data push.

Monday marks the start of mailings from Statistics Canada of census surveys, including the return of the mandatory, long-form questionnaire that was replaced with a voluntary survey five years ago.

Statistics Canada says more

than 15 million households will receive census letters over eight days, along with reminders to either fill the form out by hand or online.

Every home will receive a short-form questionnaire. One in every four homes will receive the long-form census.

THE CANADIAN PRESS

POLITICS

P.E.I. braces for Duffy's return

Canadians could be forgiven for assuming P.E.I. residents are all feeling a sense of relief as Sen. Mike Duffy prepares to return to the Senate this week after a three-year hiatus punctuated by intrigue, scandal and, finally, vindication in a court of law.

But that's not the way things work on the Island, where there are lingering doubts about Duffy's connection to Canada's smallest province and his expense claims.

On the sun-drenched streets of Charlottetown, where the icy wind off the Northumberland Strait keeps the city in a deep freeze, residents say they understand why the former TV personality was cleared last month on all 31 charges of fraud, breach of trust and bribery.

But that doesn't mean they're ready to accept what happened and move on.

"There really didn't seem to be any laws broken, and you can't be found guilty of something if there's no rules," said Charlottetown resident Scott MacBurnie, commenting on the Senate's vague spending rules and residency requirements that were at the heart of Duffy's trial.

"But it's embarrassing to think that he's a senator from P.E.I. and that he's still a senator. I'm embarrassed for the



Mike Duffy prepares to return to the Senate this week after a three-year hiatus. THE CANADIAN PRESS



Mike Duffy wasn't qualified to be in the Senate in the first place.

Alan Hoy

Island ... You'd think he would be decent enough to say I'm not really a senator from P.E.I. because I don't live there, and he would step down rather than going back."

Duffy has been living for years in an Ottawa suburb, but maintains a summer home in P.E.I. that he claimed as his

primary residence when he was appointed to the upper chamber by former Conservative prime minister Stephen Harper in 2008.

Whether or not that home should qualify him for a Senate seat was an issue from the very day he was named, throughout his trial, and still, apparently, in P.E.I. itself.

"Mike Duffy wasn't qualified to be in the Senate in the first place, so why is he going back?" asked Charlottetown resident Alan Hoy, a man with a close-cropped grey beard, wearing sunglasses and a Montreal Canadiens tuque. "He wasn't a resident." THE CANADIAN PRESS

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Read more about Vahid's story at MacEwan.ca/Vahid.

TURKEY

Bombing targets police

A car bomb struck the entrance of a Turkish police station Sunday in the southern city of Gaziantep, killing two police officers and wounding 22 other people in a day marred by violence and May Day protests.

Four civilians were among those wounded in the explosion, according to Gov. Ali Yerlikaya of Gaziantep province. The blast shattered the windows of nearby buildings.

The police station is close to offices for the governor and mayor. Gaziantep is also home to the offices of international aid organizations focused on the conflict in neighbouring Syria.

There was no immediate claim of responsibility for the attack. A Turkish interior ministry official, who spoke on condition of anonymity in line with government practice, said investigations were ongoing.

Speaking in Ankara, the Turkish capital, Prime Minister Ahmet Davutoglu expressed his condolences and wished a speedy recovery to those wounded in Gaziantep's "heinous terrorist attack."

Turkey has suffered multiple bombings in recent months linked either to Kurdish militants or the Islamic State group.

Late Sunday, a car bombing targeted a gendarme station in the southeastern town of Dicle, according to the interior ministry official.

He told The Associated Press "a few soldiers were injured" when the "bomb-laden vehicle exploded."

The official said authorities were blaming the attack on the Kurdistan Workers' Party, or PKK, a group designated by Ankara and its allies as a terrorist organization.

Meanwhile, another Kurdish militant group, known as the Kurdistan Freedom Falcons, claimed responsibility for a suicide attack in Turkey's fourth-largest city that wounded 13 people on Wednesday.

THE ASSOCIATED PRESS

IN BRIEF

Death toll rises in Kenyan building collapse

Kenyan rescuers continued searching for survivors Sunday of a residential building in a low-income area that collapsed Friday, as officials said the death toll has risen to 20 and 73 people remain missing.

THE ASSOCIATED PRESS

Militants free 10 hostages

PHILIPPINES

Abu Sayyaf group releases kidnapped crewmen

Abu Sayyaf militants have freed 10 Indonesian crewmen who were seized at sea in March in the first of three attacks on tugboats that have sparked a regional maritime security alarm, officials said Sunday.

The Indonesians appeared to be in good health when they were dropped off Sunday afternoon in front of the house of Sulu province's governor in the town of Jolo, said the

town's police chief, Junpikar Sitin. The 10 men were then brought to a Philippine military camp and arrangements were underway to turn them over to Indonesian officials.

A photo seen by The Associated Press shows the sunburned men in fresh shirts eating rice and chicken with Sulu's governor on a veranda beside a Japanese-style garden in his house. In another photo, some of the men are puffing cigarettes and enjoying coffee while resting on chairs.

Jolo's mayor, Hussin Amin, welcomed the release of the Indonesians but said he did not know whether a ransom had been paid.

"If this big release came in exchange for money, those



If this big release came in exchange for money, those who paid are supporting the Abu Sayyaf. Hussin Amin

who paid are supporting the Abu Sayyaf," he said. "This money will be used to buy more firearms and will be utilized as mobilization funds by these criminals."

Indonesian President Joko "Jokowi" Widodo thanked the Philippines and the "many parties" in Indonesia who co-operated to secure the release of the hostages.

At a televised news conference at a presidential palace in the West Java province city of Bogor, Jokowi said the govern-

ment was continuing to work for the release of four other Indonesians who were taken hostage by suspected Abu Sayyaf militants in a separate incident last month.

A Philippine army officer who has been helping to deal with kidnappings by the Abu Sayyaf said a rebel commander from the Moro National Liberation Front, which has signed a peace deal with the Philippine government, helped negotiate with the Abu Sayyaf for the release of the 10

Indonesians.

The hostages were escorted down from a jungle encampment in Sulu and left outside the home of the governor, Abdusakur Tan II, the army officer said by phone on condition of anonymity because he was not authorized to talk to reporters.

After the Indonesians were kidnapped at sea in March, suspected Abu Sayyaf militants separately attacked two other tugboats and snatched four Indonesians and four Malaysians who are believed to have also been brought by speedboats to the militants' jungle bases in Sulu, a predominantly Muslim province about 950 kilometres south of Manila.

THE ASSOCIATED PRESS

BRITISH ROYAL FAMILY

Happy birthday, princess

New photographs of Britain's Princess Charlotte playing at her family's country home were released by the royal family on Sunday to mark the little girl's first birthday, which falls on May 2.

The photographs were taken by her mother, Catherine, Duchess of Cambridge, in April 2016 at Anmer Hall, the secluded house in Norfolk, eastern England, where the family spends much of its time.

In one of the photos, the princess is happily playing outside in the garden, while in another, she is staring off into the distance. In all the photos, the princess looks adorable with her hair parted to the side, donning a blue or pink bow.

AFP/GETTY IMAGES & METRO



MIDDLE EAST

Ceasefire returns sense of calm to much of Syria

Syria's military extended a unilateral cease-fire around the capital for another 24 hours on Sunday, as relative calm set in across much of the country after days of heavy fighting concentrated in the northern city of Aleppo.

Aleppo, the country's largest city and a key battleground in the civil war, was not covered by the cease-fire but saw less fighting on Sunday. More than 250 people have died in shelling and airstrikes in the northern city over the last nine days, according to the Britain-based Syrian Observatory for

Human Rights.

The government declared its own cease-fire around Damascus and the coastal Latakia region Friday following two weeks of escalating unrest. But more than three dozen rebel factions said Saturday they would not respect the truce unless the government agreed to extend it over the whole country.

Lt. Gen. Sergei Kuralenko told Russian news agencies at a Russian Air Force base in Syria that Moscow's forces were negotiating a cease-fire for the Aleppo province.

The Observatory said 859 civilians, including 143 children, died in Syria's conflict in April, despite a partial cease-fire brokered by the U.S. and Russia in late February. That cease-fire disintegrated in recent weeks, largely over the fighting in and around Aleppo.

In Aleppo, as in the rest of the country, pro-government forces were responsible for most of the civilian casualties, according to the Observatory, which relies on a network of opposition activists inside Syria.

THE ASSOCIATED PRESS



A Syrian family runs for cover amid the rubble of buildings after a reported air strike in Aleppo on Friday. AFP/GETTY IMAGES

Crowdfunding success not easy

INNOVATION

Campaigns on Kickstarter have 44 per cent success rate

Despite a handful of high-profile successes, industry data show the majority of Crowdfunding campaigns fail, with most commercial ventures hosted on the web platforms never shipping a product to market.

That's not to dismiss the social and economic value of social funding, said Ali Zahid, a 22-year-old entrepreneur who is co-founder of Toronto-based hardware and technology company VanHawks.

The company sells the Valour — connected, carbon fibre bicycles with blind spot sensors and GPS navigation. The customizable and unique Bluetooth-enabled bikes start at \$1,549 US.

"I'm grateful," said Zahid, explaining that besides resources to help bootstrap the business, Crowdfunding offered a proof of concept for potential stakeholders and unparalleled access to global markets.

It has also been an obvious boon to non-profits and pursuits like journalism, music and films, with Brooklyn-based Kickstarter

calling it a core mission to bring otherwise unfunded creative projects to life.

Still, roughly 50 per cent of crowdsourcing campaigns fail to raise targeted funds. In fact, campaigns on the biggest site, Kickstarter, have about a 44 per cent success rate, according to research firm Massolution.

Funding goals are missed for such reasons as unclear aims and a lack of attainable objectives. Even if a campaign meets its financial target, the move from prototype to mass production can be a minefield of delays and unforeseen costs, especially for inexperienced entrepreneurs.

Despite notable commercial Kickstarter success stories such as the Pebble smartwatch and the Oculus Rift virtual reality headset, the mountain is steep for startups relying on crowdsourced funding to survive and grow.

With an average of 24 new projects launched each day, Canada is among the leading countries in the world when it comes to setting up a campaign.

In 2015, it ranked third in the world for crowdfunding — behind the U.S. and the U.K. — with 1,754 campaigns. That predominance is due in part to the fact that Canada allows for rewards-based, non-equity crowdfunding with minimal regulation.

TORSTAR NEWS SERVICE

24

The average number of Kickstarter projects launched each day in Canada.



Chief Manufacturing Officer Adil Aftab Iqbal, front, and Chief Operating Officer Ali Zahid from VanHawks have created the Valour, the first smart connected bike which has raised over \$500,000 in Kickstarter funding. TORSTAR NEWS SERVICE

TRAVEL

First U.S. cruise ship in decades Cuba-bound



The first U.S. cruise ship bound for Cuba in 50 years was set to sail from Miami on Sunday. SHUTTERSTOCK/AFP

The first U.S. cruise ship bound for Cuba in 50 years was set to sail from Miami on Sunday and give travellers a taste of local art, music and dance in a festive offshoot of the restoration of diplomatic relations.

The Adonia, a vessel from the Carnival cruise's Fathom line, was set to raise its anchors with some 700 passengers aboard.

It was scheduled to sail into the port of Havana on Monday, its first stop on a visit to the communist-run island.

The voyage was to be the first of what Carnival says will

become weeklong cruises to Cuba twice a month, with the goal of promoting cultural exchange between the two countries following a warming of ties that began in December 2014 and culminated last year with the restoration of full diplomatic ties.

"Fathom offers a truly historic opportunity for travel to Cuba: a chance to help build new bridges to a rich and vibrant culture that, until now, most U.S. travelers have only seen in photographs," the cruise-ship website says. AFP

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URBAN ETIQUETTE ELLEN VANSTONE



THE QUESTION

My mother-in-law finally found me on Facebook and wants to be friends. I'm not really accepting new friend applications right now (especially not from her). How do I navigate?

Dear Ellen,

My mother-in-law finally found me on Facebook and wants to be friends. I'm not really accepting new friend applications right now (especially not from her). How do I navigate?

Anonymous

Dear Anonymous,

Strangely, this is not the first time I've been asked this exact question — which I mention only to assure both mothers-in-law and their would-be evaders on Facebook that they're not alone; and also, in case any suspicious mothers-in-law are reading this column, to make it more difficult for them to pinpoint which wretched son- or daughter-in-law doesn't want to friend them.

In terms of etiquette, it's perfectly acceptable to ignore or decline friend requests from strangers, unknown friends of friends, workplace acquaintances or neighbourhood stalkers. Nor should you have the slightest qualm about instantly deleting a friend request from a mother-in-law from whom your spouse is estranged.

But if she's in your life, and you want to be on good terms with her, and she's savvy enough to see through your bald-faced lies about not being on Facebook, or not receiving her requests, you have little choice but to accept.

I duly acknowledge the countless ways in which this could ruin Facebook for you: endless photos of food, animal

hijinks, inspirational sayings, painfully outdated gifts or racist jokes, etc. A steady torrent of this kind of sludge can fatally clog up any timeline, but if it gets too bad, you can always use the little arrow at the top right corner of her latest post to "Unfollow" or "Hide all" from her.

If she then phones you directly to demand why you didn't like her photo captioned "Family garage at sunset," you may have to risk hurting her feelings with the truth: that you are secretly employed by a covert government agency fighting industrial espionage, and you can't risk exposing vulnerable family members on social media.

But, tell me, Anonymous, am I right in presuming your reluctance has as much to do with what's in your own timeline as with what's in your mother-in-law's? Because there are ways to hide those things. Unfortunately, I don't know them, partly because I'm ever-

so-slightly older than 30, but mostly because the algorithm hasn't been invented yet for "Let certain people see some things but not the things that might embarrass them or me."

All I can recommend is that you book a day off work, make a big pot of coffee, or some other soothing beverage, and start rummaging around in Facebook's privacy settings.

You could also divide your friends into separate "Post to" groups, such that certain kinds of friends can see what others aren't allowed to. No, it won't be a short or easy chore, but you can't put a time-and-energy price on what your paranoia and OCD demands. So consider these categories:

- Most everybody except my mother-in-law
- Most everybody except those to whom photos of me in a bathing suit are off-limits
- Family and certain close friends who don't mind seeing photos of

© Ann Castille

- my pet/child/garden/dinner
- Exes and/or childhood bullies whom I want to trick into thinking that my life is a fabulous merry-go-round of parties, romantic escapades and career triumphs
- Potential employers to whom I want to appear professional, accomplished and sober

I have nothing against mothers-in-law and will happily adopt the role myself if necessary. And I heartily disapprove of dumb, misogynistic, sexist jokes about them. But the fact is, dear Anonymous, this particular breed of relative requires delicate handling, so it's best to just accept there's no easy answer, and no more Facebook freedom in your future.

Need advice?
Email Ellen:
askellen@metronews.ca

ROSEMARY WESTWOOD

Ready or not, a new model of beauty standards is coming

Probably the most beautiful feed on Instagram is Lorde Inc.'s.

It features a steady stream of bare, untouched faces hues in the spectrum of humanity. Men and women and the gender-flouting. People who are completely non-uniform, save for defiant gazes. And defiantly non-white.

Lorde Inc. is a modelling agency, co-founded by Vancouver-born Toronto transplant Nafisha Kaptownwala, dedicated to people of colour. (It's named after Audre Lorde, the prominent black, lesbian, feminist poet.)

As far as Kaptownwala knows, it's the first of its kind in the world, and for two years it's been casting and promoting racial diversity in fashion, signing models that live outside the industry's strict preference for specifically proportioned white women and men. Some of its models are "too short" (one is five-foot-four), or "too tall," and while are all rarely seen on runways, or in mainstream magazines, some are taking notice.

Lorde Inc. models have worked for Adidas and graced the pages of Rookie, i-D and Dazed magazines. But despite some success in the U.K. (where Lorde Inc. was founded) and New York, Kaptownwala has found the mainstream Canadian market reluctant, at best.

When Kaptownwala first began to set up shop in Toronto late last year, she spoke with agents who told her

"Canada is not ready for you."

"The Canadian fashion climate is BASIC, like basic, super basic," she said.

Naturally, she aims to change that.

She grew up in Vancouver, "in a mostly working-class, lower-middle-class neighbourhood," she told me when we met over the winter. Her best friends were in a crew of El Salvadorian, Haitian, Ethiopian, Filipina and Indian heritage.

"Everybody kind of came from the same experience of being second-generation, their parents being new migrants, and also kind of feeling estranged from this predominant white experience," she said.

But not till she got a job at an American Apparel in Vancouver's West End (her friends called it "White End") did she first feel exposed to racism. It gave her "this very real understanding of identity."

Lorde Inc. is one way she's seeking to re-establish the definition of beauty in our culture. "For me fashion is just an opportunity to create image, and put together ideas and visions that I like," she said.

Whether mainstream fashion magazines, Canadian companies or even luxury fashion houses are interested in those ideas and visions remains to be seen.

"We are providing models that are so different from what the industry is used to seeing," she said. "I don't really know if they're ready for us. I'm going to keep putting us out there."

The fact is, dear Anonymous, this particular breed of relative requires delicate handling

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Driving a bus changed his life

NEW BOOK

Craig Davidson pens memoir of year with special needs students

Craig Davidson was a punctual school bus driver. He swears he was.

Up at 5:30 a.m. sharp to give bus 3077 its daily physical — check the engine and gauges, flick lights, adjust mirrors, thump tires and test the wheelchair lift.

Then right on time to pick up his special needs students on Route 412 and drop them at their Calgary schools before the bell.

Not like today, when he's so late he almost misses our interview. But if there's anything to be learned from *Precious Cargo*, Davidson's new memoir about his year as a school bus driver, it's that redeeming moments come when you least expect them.

His late arrival coincides with a fellow "knight of the road" parking her yellow school bus right in front of our meeting place after dropping kids for a field trip. She's delighted to talk shop. And Davidson gets the perfect backdrop for pictures.

It's the kind of random, everyday connection the Toronto writer brings to life in *Precious Cargo*, things you can't plan that land like small gifts.

The book explores the special bond that forms between



Craig Davidson's new memoir *Precious Cargo* shows redeeming moments happen when you least expect them.

J.P. MOCZULSKI FOR TORSTAR NEWS SERVICE

one struggling adult and five students with physical and developmental challenges as they drive around together twice a day, five days a week, from September to June.

The journey, it turns out, is not just the one on the road.

Davidson took the job out of desperation at a low point in his life. It was 2008, he was 32, broke and flailing as a fiction writer when he found a flyer in his mailbox.

He was assigned a small special needs bus for kids in middle school and high school.

His charges included a 16-year-old boy in a wheelchair who had cerebral palsy and others with conditions like autism and Fragile X syndrome.

Things slowly changed as he met his responsibilities day after day, listened and became a friend to his young charges.

"I'd been useful," he writes after one typical afternoon on the job. "It had been a while since I'd felt vitally so."

Davidson never planned to write about the experience, though he did alert parents early on that he was a writer.

No one asked to switch buses. Names and identifying characteristics were changed in *Precious Cargo*.

Soon he was so struck by the "elliptical, hilarious, ever-shifting" conversations he overheard that started scribbling them down on gum wrappers and blank pages ripped out of his paperbacks.

He and the kids chatted about the stuff of life. But like him, they also had a passion for superheroes, sci-fi and flights of fancy. They made up the most colossal stories.

"They were a safety blanket of sorts to the kids, and that's what they became to me too," he writes.

"I felt snug and happy within the parameters of their tales." Jotting down those exchanges was "like catching fireflies." Davidson took home the pieces and taped them on his wall.

He wanted to capture the kids' spirit, and all the nuances, good and bad, of their funny, compassionate and sometimes mean-spirited episodes.

They are voices too seldom heard.

People often ask what the students taught him. But Davidson chafes at the question. He just wanted to tell a story.

"Asking those kids to teach me anything is kind of not fair," he says.

"I think that's the danger of writing about children with special needs. You think they've got to be instilling some sort of deep lessons and giving you a better way to live your life."

When he was that age, "I was just allowed to be a kid."

Initially, he considered them teens like any others. Now he thinks not acknowledging differences — whether a wheelchair, being non-verbal, or a another way of processing the world — amounts to romanticizing.

The question is "what does it ask of us to accept those differences? Nothing."

Those students are young adults now. Davidson keeps in touch with one of them. They all got manuscripts but who knows if they'll read the book.

Davidson, 40, now has a three-year-old son and a soaring career. His short story collection *Rust and Bone* was made into a film.

His novel *Cataract City* was shortlisted for the Scotiabank Giller Prize.

But his year on the school bus still looms large. His next book of stories includes one based on an event that happened on Route 412 — one that wasn't included in *Precious Cargo*.

TORSTAR NEWS SERVICE

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Malia Obama eyes gap year before college

TRANSITION

First daughter to take year off before heading to Harvard

President Barack Obama's daughter Malia will take a year off after graduating high school in June before attending Harvard University in 2017.

"The president and Mrs. Obama announced today that their daughter Malia will attend Harvard University in the fall of 2017 as a member of the Class of 2021," said a short statement issued Sunday by first lady Michelle Obama's office. "Malia will take a gap year before beginning school."

Harvard College, where Malia would enrol, encourages admitted students to defer for one year to travel, pursue a special project or activity, work, or spend time in another meaningful way. The student must not enrol in a program at another college that would grant them a degree.

Malia, the eldest of the Obamas' two daughters, is a 17-year-old senior at Sidwell Friends, an exclusive private school in the District of Columbia that helped educate another first daughter, Chelsea Clinton, in the 1990s. Malia's younger sister, Sasha, 14, is a freshman at Sidwell. Malia is set to graduate high school in June. She turns 18 on the Fourth of July.

Obama has spoken publicly about dreading the day when Malia leaves for college, and the

decision for Malia to take a gap year could keep her closer to home as her family prepares for another major transition next year, leaving the White House and returning to normal life. Obama plans to live in Washington for a few more years so Sasha can finish high school. He still owns a home in Chicago.

The first lady has said Malia wants to be a filmmaker. Malia spent last summer in New York City interning on the set of HBO's *Girls*, starring Lena Dunham. She spent the summer of 2014 in California working as a production assistant on *Extant*, a now-cancelled CBS sci-fi drama that starred Halle Berry. Malia has also had internships at the Smithsonian's National Zoo in Washington.

The president turned down

an invitation to speak at Malia's Sidwell graduation because he will be too emotional.

"I'm going to be sitting there with dark glass, sobbing," he told Ellen DeGeneres during an appearance on her talk show.

Obama grew up without his father, who was born in Kenya and is now deceased, and has spoken of his desire to be there for his kids.

The bond between Obama and his children was readily apparent, as he often was seen holding hands with either daughter getting on or off the presidential aircraft or on the family's walks through Lafayette Park to attend services at St. John's Episcopal Church.

Malia joined her father earlier this month on a three-day trip that started at the University of



President Barack Obama and daughter Malia make their way to board Air Force One last month. GETTY IMAGES

Chicago Law School, where he once taught constitutional law, to discuss his stalled nomination of Judge Merrick Garland to the U.S. Supreme Court. From Chicago, they flew to Los Angeles and San Francisco, where the president attended fundraisers and played golf.

"Both of my daughters are wonderful people. Malia's more

than ready to leave but I'm not ready for her to leave," Obama told DeGeneres.

"She's one of my best friends. It's going to be hard for me not to have her around all the time, but she's ready to go. She's just a really smart, capable person and she's ready to make her own way."

THE ASSOCIATED PRESS

The myths about a good credit score

ADVICE

A high score doesn't equal financial health

Gail Vaz-Oxlade
For Metro Canada



In days of yore when savings was a thing, people measured their financial well being by how much money they had, less how much money they owed: their net worth. Now everyone is hopped up on the credit score.

I don't have the highest possible credit score. Does that surprise you? Depending on whom you ask, scores top out anywhere between 850 and 900.

I'm sitting somewhere in the 700s. Is it because I'm a bad credit risk? Well, if you

measure me in terms of "profitability" which the credit score is designed to do, the answer is a resounding yes.

You should understand how a credit score is calculated and the extent to which it is based on you doing the wrong thing with your credit. The very things that give you a high score — that make you a profitable customer — are completely counter to sound money management.

I pay off my balance in full every month, which actually lowers my credit score.

Despite the fact that I zero my card every month, the credit scoring system penalizes me if it randomly checks my credit utilization and I'm up too high.

No one can predict the exact point when the credit scoring system checks a balance, so if I'm close to my limit just before I plan to pay off my balance I'd lose points big-time.

So what is "credit utilization?"

Under the credit scoring rules you should never have a balance that's more than 30-50 per cent of your credit limit.

The credit-to-debt ratio (or credit utilization) is calculated like this: Debt Used ÷ by Available Credit x 100 = Debt Load

So if I'm carrying a \$1,200 balance on a credit card with a limit of \$2,000 my calculation looks like this: \$1,200 ÷ \$2,000 x 100 = 60 per cent.

Despite the fact that I pay my balance off in full every single month, I'll get dinged on my credit score.

This credit utilization thing is designed to make people carry credit limits in the stratosphere. Since you never want to come close to your limit, you better accept all the rope lenders are willing to hand you.

Credit scores also reward you for using different types of credit: credit cards, lines of credit, loans.

Limit the amount and type of credit you use and your

credit score drops. I don't use my credit cards for anything other than convenience. I don't borrow money to buy shite I don't need to impress people I don't know.

But since lenders want me to make full use of their wide range of products, they'd give me more points for using a variety of credit, which actually works against my best interests.

Once upon a time we measured and rewarded financial sustainability.

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RELEASE

Arctic Comics celebrates the North

It was one of the most successful cultural exports from the North since someone suggested southerners might like those little carvings.

Thirty years after amazing and entertaining audiences at Expo 86, Arctic Comics with its mythological heroes, tall tales and meditations on what it means to be Inuit is back.

"There's no shortage of stories up here," said Nicholas Burns, one of the artists behind the 88-page, full-colour comic book being published this month.

The first Arctic Comics began almost as a lark when the Northwest Territories government realized it would need northern material to sell at its pavilion at Vancouver's world party.

"I put in a proposal saying I'll do up this comic and do up stories of Inuit past, present and future and they thought it was a great idea," said Burns, who was then living in Rankin Inlet, now part of Nunavut. "I essentially self-published and sent them down and they sold like hotcakes."

The N.W.T. pavilion turned out to be one of the hits of the fair. Eager visitors snapped up 60,000 copies of Arctic Comics. "It was round-the-block lineups all the time."

The plan was to do it again for Expo 92 in Seville, Spain. But the team missed the publication window and Arctic Comics languished.

Until now. With the same past, present and future focus as the original,

the new Arctic Comics features a trip with a legendary Inuit Ulysses in Kiviuk versus Big Bee. The fantastical adventure of the long-ago traveller, drawn from Inuit myth, was written by the late Jose Kusugakm, one of the founders of Nunavut, and illustrated by Germaine Arnaktauyok, who drew the drum dancer on the back of a special-edition toonie.

There's a romp entitled The Great Slo-Pitch Massacre and a science-fiction yarn called Blizzard House — aficionados will recognize artist George Freeman who drew Captain Canuck.

Dauntless RCMP Const. Lucy Puqittuq and her loyal dog Vincent make an appearance and the theme of southerners inventing their own version of the North comes in for some



Arctic Comics with its mythological heroes, tall tales and meditations on what it means to be Inuit is back after 30 years. THE CANADIAN PRESS HANDOUT

teasing in Film Nord.

And then there's Michael Kusugak's On Waiting, a setting of a poem about a boy lying on a beach waiting for a seal. Almost nothing happens — except for everything.

The boy dreams, watches the tide and thinks of his dead

grandfather playing walrus-head soccer with other spirits among the aurora's dancing lights.

"There have been so many misconceptions about Inuit for a long, long time, ever since people started writing about us, that we just lie around and

wait until we're hungry again and go get another (seal)," said Kusugak. "A simple, hand-to-mouth existence."

"It's not true. It's never been true. I thought it was time we started producing things that tell you what it really feels like to be there." THE CANADIAN PRESS

BRIEF TECHNOLOGY

Google hints at cyborg eye implant

Google has filed a patent for a vision-correcting electronic device that would see the human eye's natural lens replaced with an electronic lens implant.

Discovery Magazine reports that the cyborg eye implant would potentially have the ability to change its shape and adjust the

wearer's vision by using technologies such as liquid crystals, micro mirrors and tiny micro-fluidic pumps.

It could also be fitted with additional lenses to help fix eyesight problems such as nearsightedness or astigmatism. The invention from the tech giant is also expected to include features that would allow implant-wearers to wirelessly send data to any smartphone, tablet or laptop that has an Internet connection.

The implant, which would be fitted by a laser injection directly into the eye, would also contain its own storage, radio and lens and would be theoretically powered wirelessly from an energy-harvesting antenna.

AFP



MUSIC

Gay rocker changes tune on Mormonism

Two years after coming out as gay and praising the Mormon church for offering support, the lead singer of a popular rock band is denouncing his faith in his latest music video.

Tyler Glenn of Neon Trees, a Provo, Utah-based band, released the video Friday for a single titled "Trash," in which he appears to be trash-ing the church. The video includes images related to the church and shows Glenn drinking alcohol.

Glenn told Rolling Stone magazine that his belief in the Church of Jesus Christ of Latter-day Saints changed about six months ago.

In November, the church announced that people in same-sex couples could be excommunicated. The rules

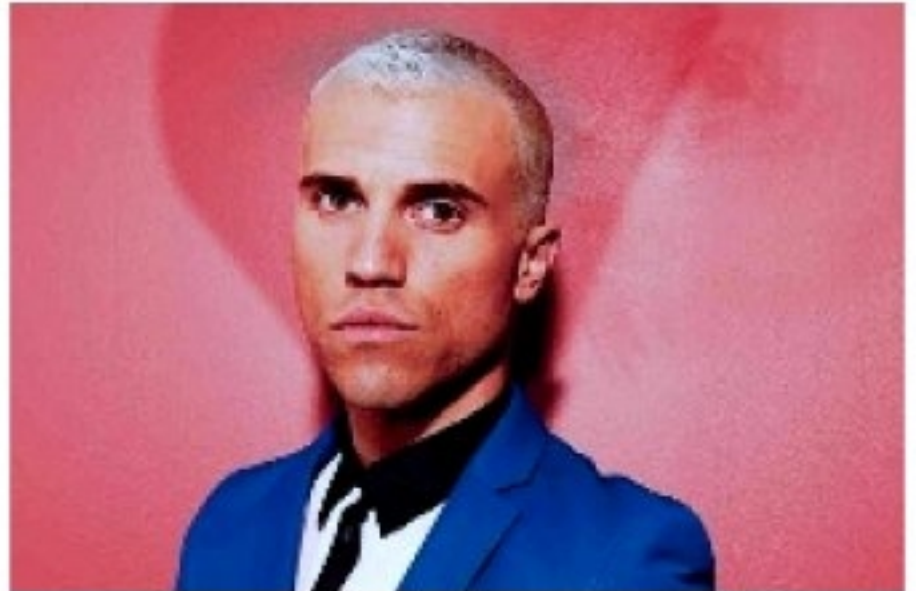
also said children of those couples must disavow homosexual relationships and cannot be baptized until they are 18.

One of few publicly out Mormons, Glenn told The Associated Press in 2014 that he was looking forward to speaking about gay acceptance in his religious culture.

"On the level of being a role model for kids or LGBT Mormon youth, I'm totally down because I come from that background and I would be able to speak to them honestly," he said shortly after announcing his sexual orientation.

A representative of the church declined to comment.

In the 2014 interview, he said he had received positive feedback from church



Tyler Glenn, lead singer of the band Neon Trees, has split from the Church of Jesus Christ of Latter-day Saints because of its stance on LGBTQ issues. THE ASSOCIATED PRESS

leaders.

"I was surprised at how many Mormon church leaders wrote me messages say-

ing, 'This is great that you're doing this,'" he said. "That really was cool."

THE ASSOCIATED PRESS



YOU CAN DO THIS CIVIL ENGINEER

'There really are opportunities'

WHY I LIKE MY JOB

Lauren Lake, 24
Kitchener, Ont.
Co-Founder and Chief Revenue Officer, Bridgit

I didn't take a typical engineering job, but I still use a lot of my engineering skillset. Bridgit is a software company focused on the construction industry, so we interact with civil engineers or people from that background.

But then on the sales side, I approach it from a very mathematical point of view. It's been a lot of experimentation, figuring out exactly how to build the sales model. In a lot of ways, it's very similar to solving a big engineering problem.

One of the biggest things I've learned is to look for opportunity everywhere. When I was graduating school, this wouldn't be the most obvious career path — I'm focused on sales, and it's a start-up.

It's not a traditional engineering job, but it still uses my education in a lot of ways. To people who are graduating, I would say to look for opportunities no matter what path they're down, because there really are opportunities everywhere, and not just in one specific field.



THE BASICS: Civil Engineer

\$82,000

Median wage of people working as civil engineers, according to George Brown College's Career Coach tool. The average entry-level salary for Civil Engineers is **\$53,000**. Eventually civil engineers may make as much as **\$122,000** a year, and can earn even more as company owners or directors.

Steady

The growth forecast expected in this field over the next four years

Data for this feature was provided by georgebrown.ca, ontariocolleges.ca, ryerson.ca, uwo.ca, and servicecanada.gc.ca.

HOW TO START

- Civil Engineering Technology, Advanced Diploma
- Civil Engineering Technician, Diploma
- Construction Engineering Technician, Diploma
- Bachelor of Civil Engineering, Degree
- Bachelor of Engineering Science, Degree

WHERE YOU CAN GO

A background in Civil Engineering can lead to a variety of engineering careers, including bridge building, hydraulics, sanitation, public works, transportation, geomatics, highway construction and environmental consulting.

NEXT CAREER STEP

Several management options are open to civil engineers; entrepreneurial engineers may want to brush up on their business skills before launching their own company, while research-oriented types can consider pursuing a Master's or Ph.D. METRO

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A mystery with a Canadian twist



Stephen Mangan as Sir Arthur Conan Doyle, Rebecca Liddiard as Adelaide Stratton and Michael Weston as Harry Houdini in *Houdini & Doyle*, which premieres on Global on Monday at 9 p.m.

CONTRIBUTED

TELEVISION

Houdini & Doyle series is headlined by a canuck actor

Tony Wong
Torstar News Service

At first glance, *Houdini & Doyle* has similarities to Canada's own *Murdoch Mysteries* that go beyond the merely superficial.

Both are TV series depicting turn-of-the-century detectives and populated by historical figures. They are both produced by Shaftesbury.

Parts of *Houdini & Doyle*, which premieres on Global Monday at 9 p.m., were shot in Canada. And the executive producers happen to be Canadian.

That includes former Torontonian David Shore, the creator of *House M.D.*, which featured a medical practitioner who was the Sherlock Holmes of the medical world.

Shore says any similarities to *Murdoch* are purely coincidental. "We came at it not having watched *Murdoch*; it is its own show."

With shows around such as *Downton Abbey*, *The Knick* and

Peaky Blinders, making a period drama was not a huge stretch.

"Even though it's not set in contemporary times, the issues are still current," says Shore. "Issues of prejudice, gender equality, fear of the outsider were complicated a hundred years ago and they're complicated now, and we hope to look at that through the lens of these two men."

London, Ont., native Rebecca Liddiard is the woman who collaborates with the two famous men in the series: author Sir Arthur Conan Doyle and illusionist Harry Houdini. She plays the first female constable on the Metropolitan Police force as she investigates the underworld with the two renowned figures.

"It has occurred to me that it's a little like *Murdoch*, but it's also supernatural, which I think is key," says Liddiard in an interview. "That whole element of the unknown seems to up the stakes; it's darker, grittier, more shadowy, and you have the relationship between these two well-known men at the heart of the story."

It's also fascinating that Doyle, a trained medical doctor and a man of science who created the most logical fictional character on record, believed in the supernatural. Houdini, on the other hand, spent much of his life debunking the quackery behind mediums.

A lesser known historical fact is that the two men were friends in real life.

"When I first heard about the friendship between the two men I kept thinking how has this not been made into a TV series already?" Shore says.

"That combination of the author of *Sherlock Holmes* and Harry Houdini seemed perfect: it was about the cynic and the believer, and it goes to so much at the heart of what we deal with in the and she told me all about it before I even went to the auditions, so I have her to thank for prepping me."

The 10-part British and Canadian co-production was shot in Manchester, Liverpool and at Toronto's Black Creek Pioneer Village.



Even though it's not set in contemporary times, the issues are still current

David Shore, executive producer



JOHANNA SCHNELLER **WHAT I'M WATCHING**

Beyoncé begins a crucial conversation

THE SHOW: Beyoncé's "Lemonade" (Tidal)
THE MOMENT: The home movies

Throughout Beyoncé's hour-long visual album — which apparently details her emotional journey from her discovery that her husband, Jay-Z, was unfaithful, to her decision to reconcile — there are costumes, sets, dancers. But two-thirds of the way in, when Beyoncé sits cross-legged on the floor, playing an electric piano and singing *Sandcastles*, those other things drop away.

In flashes, we see her in bed, glasses on, reading the paper. She kisses the wedding-ringed hand of the man beside her — Jay Z. Those images are staged, but during last few songs, we catch glimpses of candid home movies: Beyoncé and Jay-Z eating wedding cake; Beyoncé pregnant; she and Jay-Z getting I-V tattoos in honour of their daughter, Blue Ivy; at Ivy's birthday.

The last shot, in the song *All Night* is a home movie of Be-



Beyoncé seen in the video for her song *Sorry*. CONTRIBUTED

yoncé, Jay-Z and Ivy frolicking outside. This, we are reminded, is a family.

It's been a week since Beyoncé Knowles Carter dropped her emotional bomb. What lingers?

Aside from the fact that she turned the world on to the poetry of Warsan Shire and the 1991 film *Daughters of the Dust*, it's mainly those glimpses, tucked into the vocals and choreography, of unscripted family life.

Many spouses cheat. Some reconcile. Beyoncé is the self-proclaimed "baddest woman in the business," but she's also a wife and mother. By owning her pain and her decisions, she's starting a conversation that needs to be had.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

DIGITAL SALES SPECIALIST

Star Metro Media is looking for an experienced, energetic and motivated individual to join our dynamic Sales team in Edmonton. The Sales team is responsible for providing clients with access to leading-edge digital solutions. The right candidate will possess in-depth knowledge of the media industry and its trends, a focused, driven mind set and an eagerness to meet and exceed targets.

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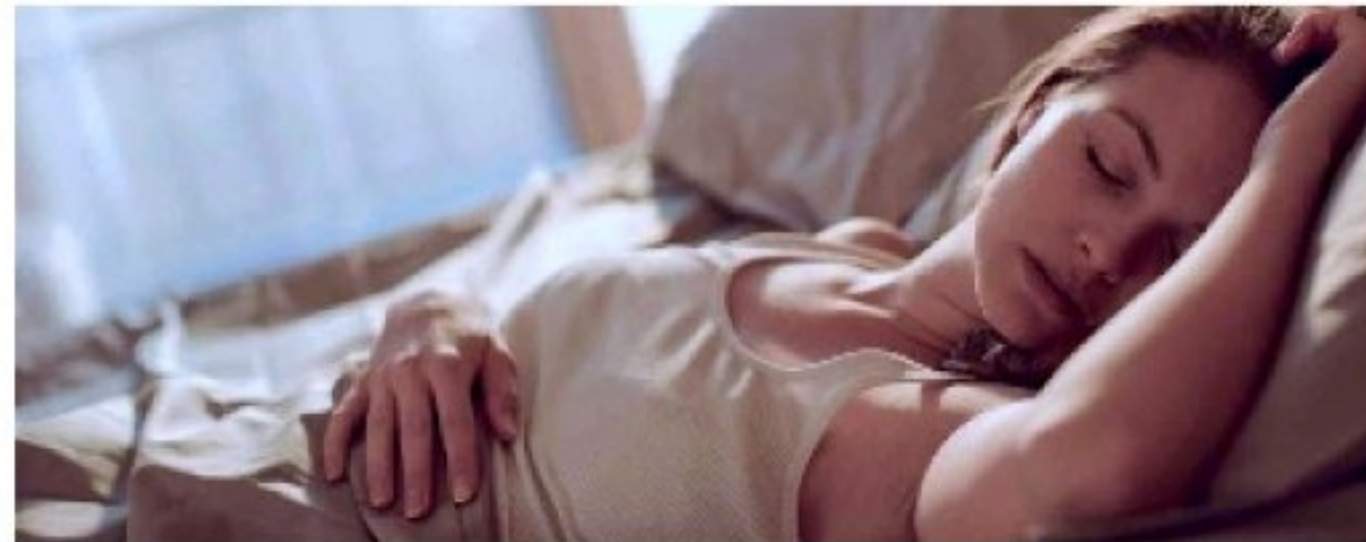
HEALTH AND WELLNESS

A better sleep for a healthy life

Deep, restorative sleep is essential to our well-being — and yet for so many people, the nighttime is a long and frustrating period of lying awake.

A Statistics Canada report concluded that as many as 3.3 million Canadians aged 15 years and older have trouble getting to sleep and staying asleep. Insomnia afflicts one in every seven people and 18 per cent of them report less than five hours of sleep per night.

Is this your experience sometimes, or all the time? "If it happens too often, a big improvement may be yours with just a few lifestyle changes," says Sue Rainville, director of marketing for Hunter Douglas. "And today,



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there are also some innovative furnishings and fixtures to promote better sleep such as light- and noise-blocking solutions. All our window treatments, for instance, provide a measure of light control but some products offer more room-darkening benefits than others, so be sure to ask."

A key consideration in coverings, says Rainville, is the fabric or material type and colour. Sheer fabrics typically soften and filter sunlight, while semi-opaque and opaque ver-

sions almost completely block it out.

And for better sleep, she says, pay attention to this:

Bedtime Schedule: Go to bed at the same time and rise at the same time to establish a consistent sleep-wake cycle. Soon you'll find yourself waking up naturally without an alarm clock.

The Bed: If you wake up with a sore back or aching neck, chances are you need to invest in a new mattress or try a different pillow. You

may also be inadvertently sabotaging your sleep cycle if you work in bed before turning out the light. The brain may resist the switch from work to sleep.

Light: The best window treatments are those that dim exterior light. The Duette Architella line, for example, features opaque honeycomb shades designed to significantly reduce heat transfer at the window and serve as an excellent light-dimming tool. The darker the room, the better you'll sleep.

Eating and Drinking Habits: Big meals at night take a lot of work to digest keeping you awake, whereas a light snack may promote sleep. And, with fluids like coffee, did you know that the effects of caffeine can cause sleep problems up to 10 hours after your last drop? Switch to caffeine-free beverages instead.

Silence: Noise is one of the most disruptive factors and has a way of easily infiltrating our private spaces. Ask about sound-absorbing window treatments, like the popular Vignette Modern Roman Shades, designed with rear fabric air pockets to trap and absorb sound energy.

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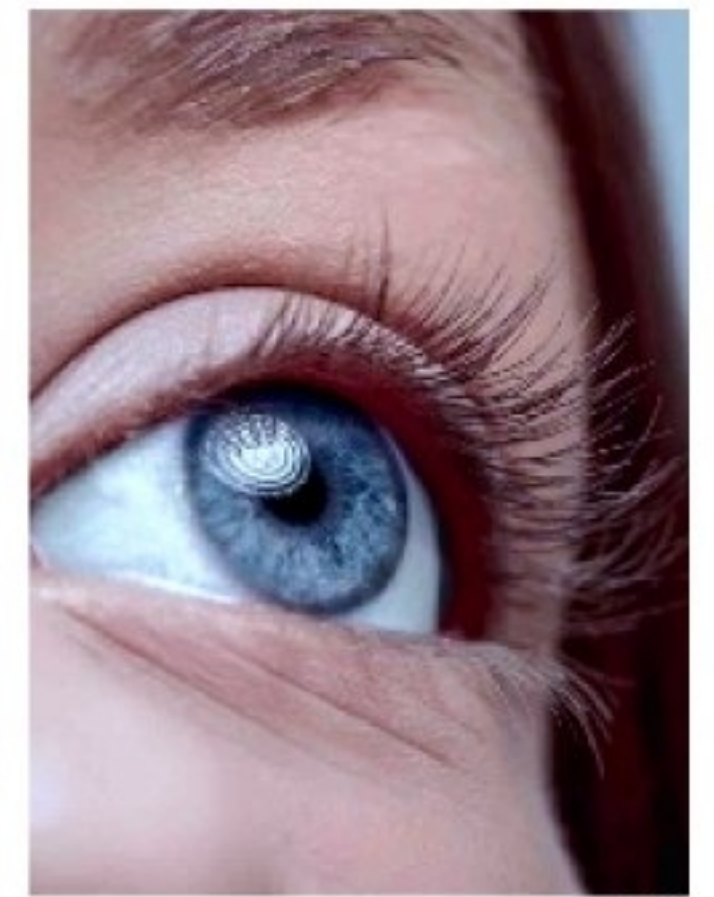
What used to sound impossible is now a reality for thousands of Canadians who otherwise would need reading glasses. A promising new treatment is now available at Gimbel Eye Centre, according to Chief Operating Officer Gregg Becker.

"The KAMRA inlay one of the newest treatments we at Gimbel are offering to address the age old challenge of eyes that come to need reading glasses," Becker explains.

"This surgery basically reduces or eliminates the need for reading glasses for qualifying patients."

While the process is newer in Canada, it's been used in many other parts of the world including Europe and Japan for years.

The KAMRA inlay itself is a high tech insert which is placed into the cornea of one eye in a simple and short procedure, with no pain, and it uses the same laser



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technology as other procedures done at Gimbel, which have been used for decades.

"I've had it done and it reduced my use of reading glasses by about 80 per cent," he adds.

Gimbel Eye Centre has been providing safe and high quality service for over 50 years in Alberta and continues to lead the industry in innovation.

"Our surgeons began practicing in the areas of cataract and refractive laser surgery when the field was relatively new and the procedures they pioneered are now common across the industry."

For more information, visit gimbel.com.

Use the right moves to prevent back pain

When it comes to preventing workplace injuries, time truly is of the essence. And to prevent these injuries it's important people know when it's time to get moving.

"Whether you are standing all day on an assembly line or sitting all day in your chair, prolonged static posture is your enemy," explained Dr. Brian Gushaty, an Edmonton-area chiropractor. "The healthy body can only tolerate staying in one position for about 20 minutes."

Several types of jobs may be more prone to incurring workplace-related injuries, whether that's a result of positioning or the type of performance they're expected to put their bodies through.

"For those that work on their feet, their job usually involves awkward postures and repeated forceful movements," Dr. Gushaty added. "This could include construction workers, nurses, auto mechanics, store check-out personnel, etc. A lot of their pain comes from overextension [twisting] of the

spine from heavy lifting, pulling, pushing.

"This can wreak havoc on your back over time as you could be dealing with repeated strains and sprains, which don't have time to heal because you aggravate them daily."

There are a number of ways that you can help prevent back-related workplace injuries. Eating well, getting enough sleep, and getting adequate exercise can help prevent muscle fatigue, strain, tendonitis and other disorders of the movement system. In addition, stretching can help improve range of motion and physical function, and can help you avoid injuries. Finally, the old adage of "don't lift with your back" applies. Correct body position and lifting technique can play crucial roles in preventing injuries.

And getting up and getting your body moving every 20 minutes or so can also reduce the risk.

Of course, if an injury does occur, make sure you take the proper actions to get help. It may not just "work itself out" or "go



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away," and employers need to start the process to ensure you get the help they need.

"If you've hurt your back on the job, it's critical to inform your employer," Dr. Gushaty said. "Your workplace will need to document your injury if indeed you need to

apply for workers' compensation benefits."

For more information on how you can "Move Better. Feel Better. Live Better," please visit the Alberta College and Association of Chiropractors at albertachiro.com.

EveryBODY wants to... Feel better. Move better. Live better.



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Let nature keep you in the best of health

Organika, the family-owned and operated company, makes a variety of natural products made to ensure strict standards of quality, purity and potency, which is why Simply Health franchiser Azim Velji is proud to carry the brand at his natural health store. Velji has known Tom Chin, Organika's founder, since 1996.

"Organika is a family owned and operated Canadian company based in Richmond, B.C. and founder Chin works alongside his two sons, Aaron and Jordan," Velji says

"Their mission is to provide a wide selection of natural health products while making natural health accessible to as many people as possible."

Shaped by the intention to serve, contribute and inspire, Organika launched its first four products in 1990 to address heart health and low energy, which were common health concerns at that time.

Now there are a variety of ailments that can be treated by Organika, says Velji.

"Whether it's wear and tear from training, degeneration of joint tissue due to aging, or a form of arthritis, maintaining joint integrity is important for mobility and flexibility, people can reduce inflammation with Organika's Curcumin."

Derived from turmeric, Curcumin is an anti-inflammatory agent for joint mobility. Curcumin is also a source of antioxidants to reduce oxidative damage to joints, skin and tissues.

People can also knock out gout — a form of inflammatory arthritis — with Organika's Goutrin.

Goutrin is a five ingredient combination, containing west-Indian cherry, peppermint, thyme, celery seed and vitamin C that works to reduce uric acid levels, while relieving joint pain, stiffness



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and inflammation.

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ers are well-versed in health-care options and also provide natural health books, journals, articles at no charge for those who want to browse them.

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- Acts as liver protectant; helps to improve liver function and enzyme production
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It's time to act on mental health

CMHA CAMPAIGN

Association wants to turn awareness into action

Jason Menard

This year marks the 65th anniversary of Canadian Mental Health Week. But instead of considering retirement, the week is more relevant than it ever has been — and this year's focus on the senior age group is reflective of the growing need for awareness and understanding.

"In the early days, Canadian Mental Health Week focused on serious and persistent mental illness," explained Dr. Patrick Smith, the national chief executive officer of the Canadian Mental Health Association. "We're broadening the perspective of the continuum of mental health. This is

why we chose seniors as the main theme for this year's campaign. If you are a senior with mental health issues, it's much harder to deal with them. They have internalized stigma about mental illness and they have to deal with their peers and their own attitudes and behaviours."

One in five Canadians has some form of mental illness, Dr. Smith explained. And while that number is dramatic in its own right, the prevalence is even greater within the senior community.

"If the ratio is one in five amongst Canadians as a whole, with seniors it's one in four. But they're less likely to come

forward and discuss this with their general practitioner or their friends because of that internalized stigma," Dr. Smith explained. "They have more of the natural triggers and stressors —

they're at the age where they're experiencing loss, such as the loss of loved ones; and they have existential issues, like dealing with retirement and their own

1 in 5

One in five Canadians has some form of mental illness.



Seniors are more likely to struggle with mental illness due to internalized stigma. iStock

mortality."

Canadian Mental Health Week runs from May 2 through May 8 and features events and activities across hundreds of communities, including art shows, film screenings, seminars, and

awareness walks designed to provide Canadians with information, resources, and tools to stay mentally and physically healthy all year.

Not only does this year mark the 65th anniversary of Can-

adian Mental Health Week, but 2018 sees the 100th anniversary of the Canadian Mental Health Association. The goal is to put awareness into action.

"As the World Health Organization says, without men-

tal health there is no health. We're working towards a full year where we're focusing on raising awareness of diagnosed mental illness," he said. "Our goal is to move this from talking about it to acting upon it. That's why the theme is 'Get Loud.' We want to see workplaces embrace it. Our goal is to have practical tools being used. A growing number of organizations are proactively getting loud about mental health. You're going to see venues like the CN Tower and Niagara Falls turning green in support of Mental Health Week."

"The focus is on practical solutions. Canada is one of the lowest when it comes to our proportion of health care funding going towards mental illness amongst G8 nations. We would never have a society that's happy with hospital wait times being amongst the lowest in the G8, so we shouldn't be satisfied with our mental health performance. If we're talking one in five people, then everyone's affected. We have to make practical changes."

For more information on Canadian Mental Health Week, visit mentalhealthweek.cmha.ca.

MIND YOUR MIND

Youth lead in sharing and caring

Youth are leading the way in regards to changing attitudes towards and acceptance of mental health issues amongst their own demographic. And while there is still much that can be done to support youth with mental health issues, there's a strong foundation of support created by the community itself.

"Youth often reach out to each other and learn from peers who have gone through similar situations," explained Melissa Taylor-Gates, program manager at mindyourmind.ca. "They work together and build solutions together — it very much speaks to the resiliency of youth."

Mindyourmind is a non-profit mental health program encouraging youth, emerging adults, and the professionals who serve them to co-develop reliable and relevant resources, with the goals of reducing the stigma associated with mental illness and increasing access and use of community support mechanisms.

It's all part of an attitudinal shift that sees Canada's youth leading the way in acceptance, understanding, and support of mental health issues.

"It's almost like gay rights — if you go to a high school today, they'll say, 'What's the big deal?' But if you went to a high school



Young Canadians are at the forefront of a shift in attitudes towards mental health. iStock

in my grandparents' day it was a big deal," added Dr. Patrick Smith, the national chief executive officer of the Canadian Mental Health Association. "Today's generation are growing up with much more awareness. There are special programs in schools to help deal with this."

Taylor-Gates pointed to youth supports in schools like quiet rooms, animal therapy, and other techniques to help students address mental health issues. However, these are not uniform and she added there's a need for increased funding and staffing of these efforts.

"In post-secondary, you can go to get mental health support

during a particularly stressful semester, only to find out that you're on a one-month waiting list," she explained. "By then your semester may be over, or how do you know you'll still need support then?"

This can be compounded by youth slipping through the cracks as they transition from youth services to adulthood. "A lot of people get dropped or they're not ready for the transition," she added. "The system is not working for them in the way they need. And there are often financial barriers that prevent people from getting support."

For youth looking for support, Taylor-Gates said mindyourmind is a great place to start, also referencing services like Kids Help Phone, which provides 24/7 support for youth through to young adulthood.

"We have a whole section about getting help — how to seek help, who to speak with, how to get ready for an appointment because that can be stressful if it's your first time," she said, adding that mindyourmind has a mobile app called Be Safe, which is currently supported in Ontario but will soon be extended out of province.

For more information, visit mindyourmind.ca. JASON MENARD

CMHA'S 65TH ANNUAL MENTAL HEALTH WEEK | MAY 2-8, 2016

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CAMP GUIDE

BUDDY UP FOR COMFORT

The well known adage, "Life starts at the end of your comfort zone" can and should be applied when it comes to day camps, says one parenting expert.

"As parents, our role is to prepare our kids to deal with the real world," says Samantha Kemp-Jackson, author of *Meltdown in Aisle 5: Top Parenting Tips From Multiple Mayhem Mamma* and blogger at multiplemayhem-mamma.com. "That includes a lot of stepping out of your comfort zone and if kids haven't learned to navigate being a bit uncomfortable, they will struggle. So, putting them in an arts and craft camp when they really love sports is a way to teach that lesson."

Because many day camps range in length, Kemp-Jackson says a parent's best bet is to give children short stints at various camps to determine whether they like a particular activity. This, she says, also helps determine the types of extracurricular activities in which a child may be interested in the future.

"You have to show them the benefits of trying new things in a way that is relatable to them," she says. "For example, you may say, 'You say you don't like arts and crafts but there are lots of things you can learn, like how

to draw your favourite super hero so you can have your friends over to draw with them.'"

Another way to ensure kids become comfortable with attending day camps that may be new to them, says Kemp-Jackson, is to try a buddy system by coordinating sign-ups with the parents of your child's closest friend.

"This could be the tipping point for a child," she says. "It's like having a security blanket to know they don't have to go alone."

As beneficial as it is to have children step beyond their comfort zone, Kemp-Jackson advises it is equally as important to monitor your child's behaviour when it comes to their discomfort to determine whether there is a deeper issue.

"Parents don't give themselves enough credit when it comes to knowing their children," she says. "I know when my kids are having a tantrum when it is for show or when there is something deeper happening. Sometimes, discomfort may be more involved than it appears on the surface and at that point I would suggest a casual approach to having a conversation because if you have a formal sit-down kids often feel their back is up against the wall and clam up."



ISTOCK

Making a list and checking it twice

Navigating day camp dos and don'ts can be tricky — especially if it is the first time you are sending your child. And while no two camps are the same, one parenting expert says there are simple ways to take any would-be confusion out of the day-to-day camp complexities.

"Even before camp starts, it is possible to talk to a program director and get information on what your child can expect during a typical day. Most camps will have this information on their websites, and it's a good idea to review and see what equipment is required and check their food policies and programs," says Kathy Buckworth, author of six books, including *I Am So The Boss of You: An 8 Step Guide to Giving Your Family The Business*. "Once they do start, resist the urge to call in the middle of the day. Most counsellors are more than happy to spend a few minutes at the end of a day to let you know how your child is doing."

But there's more to camp checklists than calming your nerves. Ensuring your kids have what they need — and don't need — for the day is also essential. Buckworth suggests comfortable clothes, in which your child can be active, and items such as a water bottle. It's also a good idea, she says, to get kids involved in their day-to-day camp prep.

"As kids get older, they should certainly take responsibility for their items, so having

MUST-HAVES TO PACK FOR DAY CAMP

Buckworth says no matter the type of camp, your child's daily backpack should have:

- Sunscreen
- Water
- Hat
- Change of clothes
- A swimsuit, towel and goggles (because many camps offer swimming as part of their curriculum)

them choose something like a water bottle and then label is a good way to make sure you're not buying a new water bottle every couple of days," she says.

One of the items on Buckworth's "not-needed list" is a cellphone. She says many camps will actually discourage or disallow the use of cells, which tend to be expensive and can be easily lost, stolen or damaged.

"Don't put that responsibility on your child or their counsellors. Unless they're at a day camp on how to use phone apps, they don't need it," she says. "And you don't want your child calling you every 10 minutes."



ISTOCK

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A CAMP FOR EVERY TYPE OF INTEREST

Sending your child to daycamp this summer will help them develop as people and make lasting friends for the future. A broad array of interests are catered for so no matter what your child's passion, the City of Edmonton will probably have a camp to match it.

"We have a whole range of camps for 3-17 year olds. We have full-day and half-day camps. Two new recreation centres have opened up in the south and north east. They are the Meadows Community Recreation Centre and Clareview Community Recreation Centre. Some offers at these venues are Camp Olympics, the Amazing Race Camp and the Mad Scientist Camp," says Jasmine Spraakman, program manager at the Edmonton Valley Zoo who speaks on behalf of all the recreation centre and attraction daycamps for the City of Edmonton.

For the more active child or teen there is a selection of camps in the River Valley Parks. Gold Bar Park, Whitemud Park, Emily Murphy Park and the Alfred H. Savage Centre, among others, that play host to biking, canoeing and

fishing camps. There are also art camps running out of the above mentioned recreation centres for creative minds, as well as at the City Arts Centre.

"A usual day sees kids spending time doing interesting crafts and activities, then they usually get to go swimming in the afternoon. One of our attractions at John Walter Museum allows kids to join a history investigative camp and go behind the scenes at the City of Edmonton artifact centre. At the John Janzen Nature Centre there is nature scene investigation camp. Children get to examine animal prints and learn about forest wildlife," added Spraakman.

Neighbourhood daycamps are located throughout the city at neighbourhood parks and community leagues. These camps have themes including arts and crafts, cooking, drama, dance, and music, imaginative play, science and nature, and sports and fitness. They're offered for ages 2-12 and allow the opportunity for kids to attend camp within their own neighbourhoods.


CONTRIBUTED

To help parents to find the perfect camp for their child, a full program guide can be found online. As well, the City of Edmonton has an online tool called myrecguide that makes finding the perfect camp even easier. Parents can use the online application to create a personalized summer daycamp guide, sorting camps by age, location and theme, creating a customized

list of camps.

Regardless of what camp you choose for your child you can rest assured that excitement will be added to their summer and that their young lives will be enriched. These unforgettable experiences live long in the memory, so don't be surprised if they ask to return next year.

2016 SUMMER DAYCAMPS



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311

Edmonton

First time at camp a positive stress for kids

Last September, your baby started school and now that summer is approaching, he or she will begin day camp for the first time and will, again, have to adjust.

While you may be a bit worried, one of Canada's leading non-punitive parenting and education experts says the stress of being a first-time day camper isn't necessarily a bad thing.

"Children are very resilient," says Judy Arnall, author of *Parenting With Patience*. "Encountering something new like day camp brings positive stress for a child. They are anxious, but once they have gone and made friends, they have accomplished something and are glad they did it."

While Arnall says the anxiety isn't dangerous, she does recommend that parents not gloss over it.

Rather, she says, offer your child some useful tips for overcoming the feeling such as deep breathing and thinking positively about new adventures and friends. She also says preparing your child by explaining

the day camp structure will help to ease worries.

"The more prepared children are on what to expect, the better the experience," she says. "They want to know what to bring, wear and eat. If the parents can set up a chance to visit before the actual camp date, this will help alleviate fears."

Once your child actually starts camp, Arnall says to be aware that he or she may experience some initial separation anxiety. Because each child is different it is difficult to pinpoint how long that may last but she says not to give up on the idea of day camp too quickly.

"Parents can listen and acknowledge how the child feels, but may still wish to keep them enrolled," she says. "Brainstorm some coping strategies with the child. If the child has given it a couple days and really, really hates it, let them quit. But if you, as the parent, think that they will adjust, and they have in the past, then encourage the child to keep going."



ISTOCK

Another way to ensure your child's transition to day camp is a smooth one, says Arnall, is to avoid asking the minute details of what happened at camp and trust your parenting instincts.

"Parents will notice if the child had a good time or not if they are looking forward to the next day," she says. "You could ask the best and worst moment of the day and get an idea of how it is going."

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Canadian Diabetes Association

A shared understanding at camp for kids with diabetes

Summer camps are a fantastic way for any child to grow and develop as a person, enjoy activities and make new friends during the warmer months.

The Canadian Diabetes Association (CDA) is fully aware of this and holds 12 camps (D-Camps) across Canada specifically tailored to kids living with type 1 diabetes.

"Children attending camp have the opportunity to meet others who share a personal understanding of the challenges of living with diabetes in a medically supervised setting," says Ted Lockie, manager of camp and youth programs (Western Canada), for CDA. "For some children, camp is also the first time they learn to administer their own insulin — a milestone in the life of a child living with diabetes."

Being diagnosed can often make a child feel different to their peers while having to deal with their new treatment schedule and skills. At camp your child gets a break from being different.

They find solace in the fact that everyone else in camp is the same as them and this shared understanding usually forges strong, long-lasting friendships between campers while the memorable experience washes over them all.

"I like when we all gathered as a group and lit a fire, sang songs and danced," says Camp Jean Nelson participant Ayden



CONTRIBUTED

Shankaruk, aged 9. "I also liked that I got to pick my own meals and that volunteers are there to help you with the your (blood sugar) lows."

For more information and to register for the CDA's D-Camps, visit dcamps.ca.



ISTOCK

After computer camp, splashing in the pool

The summer is closing in and your child's vacation from school awaits. Sending your kid to summer camp will help them develop as a person and allow them to make lasting friends for the future. A broad array of interests are catered for, so no matter what your child's passion the camps held at the Northern Alberta Institute of Technology will probably be able to match it.

Among the host of camps NAIT offers in Edmonton are recreation and multi sport, computer/digital media, hockey, cooking, dance, street performing and boys-only fitness.

"Kids at our camps are going to have a lot of fun and make new friends that are going to last for years to come," says Trevor Turner, co-ordinator for the NAIT summer camps. "We have had that over the years that kids come to our camps and they meet some friends and they are still friends 10 years later. I know because some of them still come to our camps."

On a typical camp day kids spend one half of it doing their chosen activity, so if it's computer camp they'll be in the labs for half

the day, and the other half of the day will be spent keeping active, playing sports and swimming in the on-campus pool. So no matter what, your child will be kept very active and will be well supervised by the attentive, supportive staff on hand.

The developmental side of NAIT's camps will also benefit your child and you will likely see a positive change in them after the camp is finished.

"The confidence level of the children rises at camps. They are doing activities and meeting new friends and this helps with that," adds Turner.

"Ultimately we want the kids to be active and enjoy themselves. That is what camp is all about."

So, regardless of what camp you choose for your child you can rest assured that you will be filling their summer with excitement and adventure while enriching their young life. These unforgettable experiences live long in the memory so don't be surprised if they ask to return next year to reunite with their newly-made friends.

Happy camping.



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- Mini Ooks
- G-Force for Girls
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- Hockey
- Street Performers
- Fun Fitness for Boys
- Mini Chefs
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At 120th overall, the New Orleans Saints made Manitoba Bison David Onyemata the lone Canadian to go in the NFL draft over the weekend

Sharks turn Preds into prey with 2-0 series lead

NHL PLAYOFFS

San Jose's big names deliver with big goals

Joe Pavelski scored the tie-breaking goal with 2:40 left in regulation and Martin Jones stopped 36 shots to lead the San Jose Sharks to a 3-2 victory over the Nashville Predators on Sunday night and a 2-0 lead in their second-round playoff series.

Logan Couture added a power-play goal and Joe Thornton scored an empty-netter to put the Sharks in control as the series shifts to Nashville for Game 3 on Tuesday night. San Jose won the most road games in the NHL this season and all three in Los Angeles in the first round.

Mattias Ekholm tied the game earlier in the third and Ryan Johansen also scored for

GAME 2 In San Jose



Nashville, but the Predators head home from California in much worse shape than they did in the first round when they won the first two games in Anaheim on the way to taking the series in seven games. Pekka Rinne made 21 saves.

After San Jose blew a one-goal lead earlier in the third, the top line delivered when it mattered most. Joe Thornton slid a cross-ice pass to Matt Nieto, whose initial shot was stopped by Rinne. But Pavelski battled the rebound in for his sixth goal of the playoffs to give the Sharks the lead.

Thornton scored an empty-net goal that proved crucial when Johansen scored with 3.6 seconds left for Nashville.

The Sharks scored first following an odd penalty late in the second period. Nashville defenceman Roman Josi tried to rush off the ice after a bad line change to avoid a too many men penalty, but jumped into the Sharks bench



Sharks centre Joe Pavelski scores a goal past Predators defenseman Shea Weber and goalie Pekka Rinne on Sunday in San Jose. TONY AVELAR/THE ASSOCIATED PRESS

because he couldn't reach his own in time.

That move shocked the San Jose players but didn't avoid the penalty and the Sharks made Nashville pay for the mistake. Early on the ensuing power play, Brent Burns fired a point shot on net that

Rinne stopped with his pads. But Couture jumped on the rebound and knocked it in with 1:24 left for his third goal of the series.

Rinne had helped keep Nashville in the game long enough to get the equalizer midway through the third.

With San Jose leading 1-0, Rinne robbed Nick Spaling with a pad save on a 2-on-1 with San Jose short-handed.

A few minutes later, Ekholm got the equalizer when his shot from the high slot got past a screened Jones to make it 1-1.

THE ASSOCIATED PRESS

NHL

Leafs land No. 1 pick, Oilers to draft 4th

Six. Eight. Five. Thirteen.

It was that sequence of four numbers, the 162nd of 200 randomly assigned combinations, that won the Toronto Maple Leafs the draft lottery on Saturday night. Toronto, which finished 30th overall this season, had the best odds (20 per cent) of winning the lottery and will pick No. 1 overall for the first time in 31 years.

Maple Leafs president Brendan Shanahan declined to say who the club was prepared to select with that pick, though he said the team had a pretty good idea already. American centre Auston Matthews is widely seen as the top available prospect.

"I'll just say that our scouts were very pleased with tonight's results," Shanahan said shortly after the lottery's conclusion.

The Winnipeg Jets proved the second big winner after Toronto, jumping four spots into No. 2 overall.

The Jets entered the draft lottery with the sixth best odds (7.5 per cent) of landing the No. 1 pick. While they didn't land the top pick, they jumped ahead of the Columbus Blue Jackets, who have the rights to the third pick, as well as Canadian clubs in the Edmonton Oilers, Vancouver Canucks and Calgary Flames, rounding out the top six.

THE CANADIAN PRESS

AT DALLAS

Backes steers Blues to overtime triumph

Blues captain David Backes scored off a rebound during a power play 10:58 into overtime and St. Louis beat the Dallas Stars 4-3 in Game 2 to get even in the second-round series.

NBA PLAYOFFS

Raptors hang on to eliminate Pacers

The Toronto Raptors have finally erased all the heartbreak of playoffs past.

DeMar DeRozan poured in 30 points as the Raptors beat the Pacers 89-84 in Sunday's Game 7, winning their best-of-seven opening-round series against Indiana.

The series win was just the second in the Raptors' 21-year franchise history. They will face the Miami Heat in the Eastern Conference semifinals, with Game 1 on Tuesday in Toronto.

GAME 7 In Toronto



Rookie Norman Powell had 13 points for Toronto, while Patrick Patterson and Kyle Lowry had 11 apiece.

Jonas Valanciunas had 10 points and a game-high 15 rebounds. THE CANADIAN PRESS

NBA IN BRIEF

Warriors open with win over Blazers thanks to Thompson

Klay Thompson scored 37 points in another brilliant performance as fellow "Splash Brother" Stephen Curry watched injured, and the Golden State Warriors beat the Portland Trail Blazers 118-106 Sunday in the opener of the Western Conference semifinals.

Draymond Green had his second career post-season triple-double with 23 points, 13 rebounds and 11 assists for the defending champions.

THE ASSOCIATED PRESS

Curry's chances of playing in Game 2 are 'pretty slim'

Stephen Curry has resumed light shooting without movement on his injured right knee with the hopes he can get into scrimmages by later next week, perhaps in time to be ready for Game 3 of the Golden State Warriors' Western Conference semifinals at Portland.

Coach Steve Kerr said before Game 1 that it's "pretty slim" chances the reigning MVP would be ready for Game 2 Tuesday at Oracle Arena. THE ASSOCIATED PRESS

CURLING

Jones, Carruthers come out on top



Jennifer Jones
THE CANADIAN PRESS FILE

Jennifer Jones led from the opening end Sunday, beating Rachel Homan 7-5 in the women's final at the Champions Cup Grand Slam of Curling event.

Winnipeg's Jones broke the game open in the sixth, scoring three to take a 7-3 lead.

Reid Carruthers made it a Winnipeg sweep when he defeated John Epping 4-3. Carruthers needed two extra ends to seal the deal.

THE CANADIAN PRESS

RECIPE Zucchini Noodles with Sesame Almond Sauce



PHOTO: MAYA VISNTEI

Ceri Marsh & Laura Keogh
For Metro Canada

You can make "zoodles" with a fancy spiralizer but if you don't have one, no worries. Grab a vegetable peeler and make ribbons from your zucchini instead.

Ready in
Prep time: 15 minutes
Total time: 20 minutes

- Ingredients**
- ½ cup smooth almond or peanut butter
 - 3 Tbsp soy sauce
 - 1 Tbsp sugar
 - 1 tsp sesame oil
 - 1 Tbsp lime juice
 - 2 Tbsp water
 - salt and pepper to taste
 - ¼ cup almonds or peanuts, chopped fine
 - 1 Tbsp vegetable oil

- 3 small zucchinis, spiralized or ribboned
- ½ cup green onions, thinly sliced
- ¼ cup cilantro, chopped

Directions

1. Whisk together the nut butter, soy sauce, sugar, sesame oil, lime juice and water until everything is well combined. Taste before adding salt and pepper. Stir in nuts.
2. In a large pan, warm up the vegetable oil. Add the zucchini noodles and toss around over the heat for a minute or two. You're just warming them up and softening them ever so slightly. Turn off the heat and pour your sauce over top. Toss until all the noodles are coated.
3. Serve in bowls and top with green onions and cilantro.

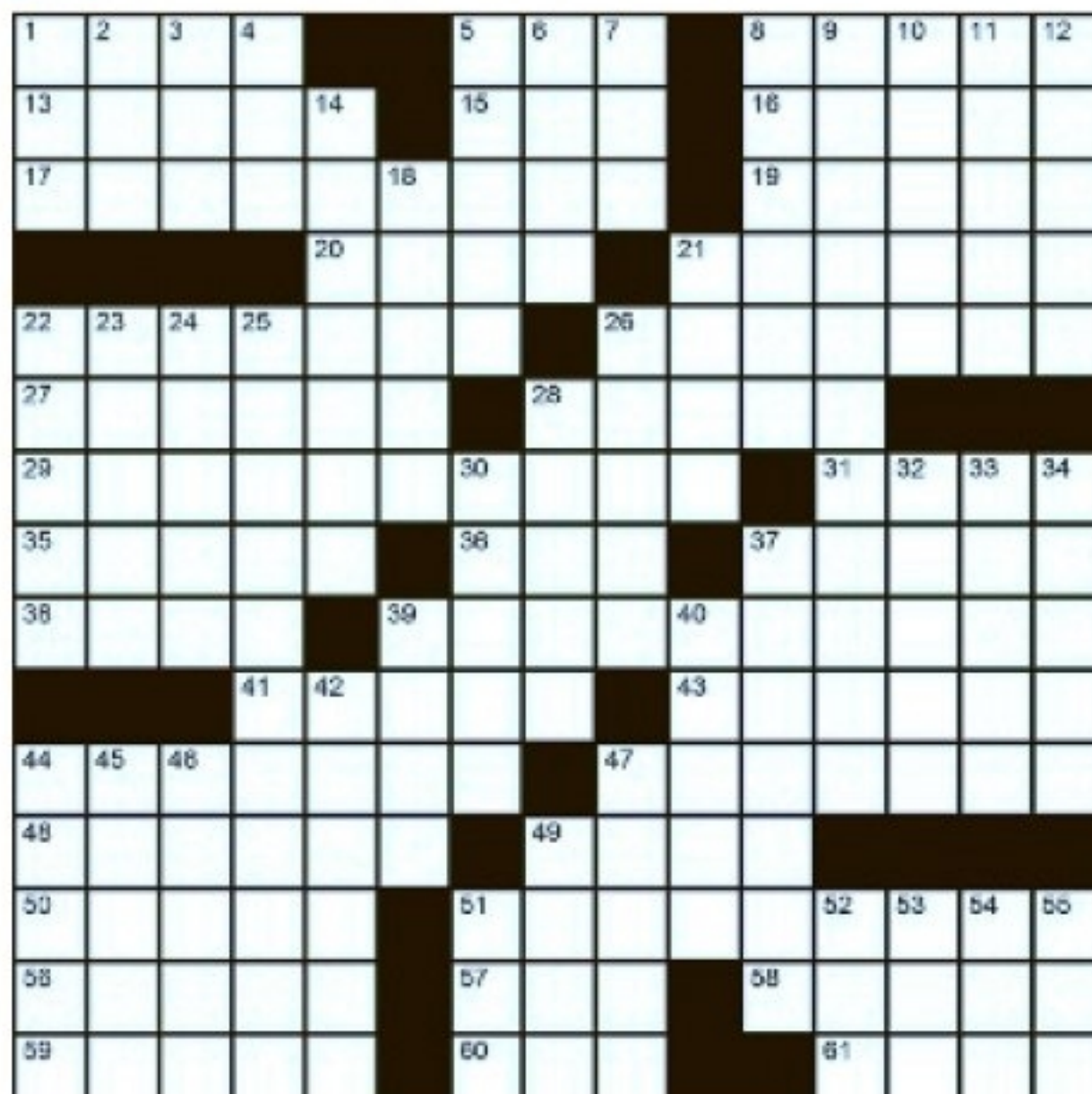
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Nile wader
5. Mila Kunis' hubby ...his initials=sharers
8. Helps the wrong-doer
13. Lifeboat lowering crane
15. Mr. Bachman
16. Space: Major and Minor
17. Niche market offering
19. Gambles
20. Singer, Jason
21. People/organizations
22. California newspaper, commonly: 2 wds.
26. "Quentin M.P." (Vintage CBC show starring Gordon Pinsent)
27. Mythical handsome guy
28. Mythical season goddesses
29. 2016's theme, as per #37-Down... Manus x Machina: Fashion in an Age of
31. Sci-Fi speed
35. Songwriter Ms. DiGuardi's
36. Sundial number
37. Tyler Perry character
38. "Superman" (1948) star Kirk
39. Bride's aisle decorations: 2 wds.
41. Faze
43. Listed, say
44. Dental complaint
47. Ungrateful one
48. Persists
49. Gull-like bird



50. Seaport of Israel
51. Movie ticket purchaser's request: 2 wds.
56. Upward
57. Blueberry dessert
58. Detest
59. Strained
60. "Vaseline" gr.
61. Folk tale character Ali

DOWN

1. Egos and
2. Bread roll variety
3. 'Impress' suffix
4. As written
5. Sky's supporter
6. Edmonton Oilers owner Daryl
7. Fox's characteristic
8. Member of Canadian superheroes team Alpha Flight aka Jeanne-Marie Beaubier
9. Town in Nova Scotia that sounds like a Simon & Garfunkel tune
10. Mother in Eugene

11. Reserved
12. Snake's snarl
14. Shania Twain's hometown in northern Ontario
18. "You're Beautiful" by Joe Cocker
21. Entomb

- O'Neill's play Ah, Wilderness!
22. Mechanic on "Taxi"
23. "Let's Make" ...
24. "I'm not going" ... (This is happy news, so I'll smile instead)
25. How a suspect is escorted to the police car: 2 wds.
26. Stray calf, variantly
28. Raise
30. CFL-ers in BC
32. "Battlestar Galactica" commander
33. Rent again
34. "deux" (Duet's dance)
37. Celebrity costume-inspired fashion event in New York City each Spring: 2 wds.
39. Mr. Tamblyn of "West Side Story" (1961)
40. Betty Grable, famously
42. Get the drink to fizz
44. Nirvana-attaining Buddhist
45. Bluesy street in Memphis, Tennessee
46. Offshoot
47. Michael McDonald's "___ Forgettin' (Every Time You're Near)"
49. Vexed state
51. Photo ___ (PR events)
52. Reflux
53. "Hunting High and Low" '80s band
54. Bawl
55. Baseball pitcher's stat.

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
"It was Monday. It was Monday all day." Doubts you have this morning will fade away by the afternoon when you see how something actually can be done. Whew!

Taurus April 21 - May 21
This morning you don't have the funds or the support from others that you need. Then later in the day, voila! Your solution appears!

Gemini May 22 - June 21
Don't be discouraged if authority figures rain on your parade this morning. Later, you will find a way to do things anyway. (Count on this.)

Cancer June 22 - July 23
Avoid important discussions with partners, parents and bosses this morning. Their response will be, "Talk to the hand." Later in the day, though, things are much better.

Leo July 24 - Aug. 23
You might be disappointed by your share of something this morning. Things might look bleak. Fear not, because later in the day, you see how to improve matters.

Virgo Aug. 24 - Sept. 23
Dealings with others won't be easy this morning. Avoid domestic arguments, especially with older relatives. (Fortunately, this day improves as it wears on.)

Libra Sept. 24 - Oct. 23
This morning is a poor time to talk to bosses or to ask for permission at work. However, if you wait until the afternoon, you might get your way. Timing is everything.

Scorpio Oct. 24 - Nov. 22
Children will be an increased responsibility this morning. Just suck it up, because it's a fact that burdens and responsibilities are part of this picture. Later in the day, life is easier.

Sagittarius Nov. 23 - Dec. 21
Avoid important discussions with family members this morning, especially females. People are grouchy. However, you will see ways to make home improvements later in the day.

Capricorn Dec. 22 - Jan. 20
Don't listen to your worries this morning. Things are not as bad as they seem. In fact, by the afternoon, you will see ways to improve many things around you.

Aquarius Jan. 21 - Feb. 19
You might feel broke this morning. (Join the club; we number in the millions.) Late in the day, you will see new ways to make money or new uses for something you already own.

Pisces Feb. 20 - March 20
Discussions with authority figures first thing this morning are a bad idea. Avoid parents, bosses and teachers if you can. Later, a powerful friend might help you.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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MIND PRICE **\$3,450**



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STK# 5W139879

PEACE OF
MIND PRICE **\$4,300**



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PEACE OF
MIND PRICE **\$5,335**



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PEACE OF
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2007
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STK# 4D263405A

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